

TOBACCO USERS AT AN INCREASED RISK FOR SEVERE ILLNESS FROM COVID-19

December 22, 2020- District Health Department #10 is encouraging current cigarette and e-cigarette users to set a 2021 New Year's resolution to quit smoking or vaping!

Cigarette smoking compromises the immune system and is linked to lung inflammation that puts people at greater risk for pulmonary infections, such as flu, pneumonia, bronchitis, and COVID-19. Smoking also harms the cells that line our airways which are the lungs essential defenders against viruses. Adults and youth that smoke or are former smokers are at an increased risk for severe complications of infection, including severe illness from COVID-19.

Although there is no firm link between e-cigarette use and severe risk due to COVID-19, there are other harms that remain. Nicotine, commonly found in e-cigarettes, can cause inflammation in lung tissue. E-cigarettes also contain a pesticide called, acrolein, which can cause acute lung injury and COPD and may cause asthma and lung cancer. All four of these are potential risk factors for developing severe COVID-19 symptoms.

It is important that we do all we can to keep our lungs healthy to avoid the worst effects of COVID-19. Smoking and vaping harms the lungs, making lung tissue inflamed and susceptible to infection. There has never been a better time to quit all tobacco products, including e-cigarettes!

For resources to help quitting visit: <https://www.dhd10.org/public-health-matters/can-quit-smoking-course/>.

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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